Foreword

It gives me pleasure to write foreword for the ninth e-newsletter. Important activities have been organized during the period of reporting. A national level dissemination workshop on Situation Analysis on Antibiotic Use and Resistance in Nepal was organized under the GARP-Nepal project. Hon Minister of Health and Population was the chief guest. Further the implementation research on Overcoming barriers to scaling skilled birth attendants’ utilization in improving Maternal, Newborn and Child Health in Nepal has been successfully completed. Regional and District workshops were held at Dhangadi and Parsa respectively on the process, methodology and eventual replicability of District Investment Case approach. Further various training and monitoring activities were carried out in the Farmer Health and Environment project in close coordination with the stakeholders. Organisation of National Public Health Leadership training has been another important activity.

Also a high level Nepal Health Profession Education Policy Commission has been formed recently. It is a matter of honour that our members of NPHF- Prof. Dr. Arjun Karki, Prof. Dr. Ramesh Kant Adhikari and Prof. Dr. Bhagawan Koirala were nominated as its members. Congratulation!
Ongoing Research / Project Update

A. Overcoming barriers to scaling skilled birth attendants’ utilization in improving Maternal, Newborn and Child Health in Nepal

Nepal Public Health Foundation (NPHF) has been conducting this research project with support of the WHO/Geneva for the period of three years. The final report of whole project is being prepared. The project has been completed in December with the conduction of informal closing ceremony. However, cost analysis is yet to be finalized.

District level dissemination:

District level dissemination was conducted in Bajhang, Dailekh and Kanchanpur with the purpose of sharing the overall findings of the project and to get some input from the stakeholders. The program was well attended by the District/Public Health Officer and other focal persons, representatives from DDC, health facility incharge from intervention and control VDCs, Maternal Neonatal and Child Health related I/NGOs and media persons.

Nominations:

- A high level a body -Nepal Health Profession Education Policy Commission has recently been formed in which NPHF members; Prof. Dr. Arjun Karki, Prof. Dr. Ramesh Kant Adhikari and Prof. Dr. Bhagawan Koirala were nominated as its members.
The participants recommended expanding the research as a programme in control and other remote VDCs to promote maternal neonatal and child health including minimum required logistics supply components. It was also suggested conducting post intervention survey again after few months as this survey couldn't cover all target groups who were intervened. The participants appreciated that the intervention was effective. Moreover, discussion on issues of effectiveness of intervention component, EOC fund and health facility management Committee (HFOMC) and especially those of Youth groups was done.

B. District Investment Case

The Investment case (IC) is a strategic and evidence-based problem solving approach to support better maternal, neonatal and child healthcare planning and budgeting. It highlights the urgent need to accelerate progress towards health related MDGs 1, 4, 5, 6, and 7 by describing health problems being faced by a country in the area of maternal newborn and child health.

Regional Level Dissemination:
The workshop was organized by far western regional health directorate with technical and financial support of UNICEF and Nepal Public Health Foundation (NPHF) at Hotel Devotee, Dhangadi on 3rd November, 2014 following the annual review meeting of far western regional health directorate. The dissemination workshop was chaired by Dr Krishna Kumar Rai, Director, Far western regional health directorate. Honorable Mr. Khaga Raj Adhikari, Minister Health and Population attended the program as the chief guest. The other guests were directors from different divisions, centres, Regional Health Training Centre, zonal hospitals, D/PHOs from all the districts of far western region, representative from different NGOs/INGOs, UNICEF, WHO, GIZ, private and public hospitals, etc. Altogether, 150 participants had attended the programme. Dr. Tirtha Rana, Treasurer, NPHF also had attended the program.

The program started with the welcome speech and objective presentation by Mr. Parshuram Shrestha, Sr. Public Health Administrator, Far western Regional Health Directorate. Likewise, Dr. Asha Pun, Maternal and Neonatal Health Specialist, UNICEF Nepal made presentation on the process of DIC in Nepal. The discussion focused around methodology, cost estimation, preference to scenario, funding sources and its replicability. The program ended with the vote of Thanks by Dr. Tirtha Rana and closing remarks from the chair, Dr. Krishna Kumar Rai.
District level workshop
DIC workshop was conducted from 13th to 16th December in Parsa; one of the DIC identified districts for third phase. The inaugural session was chaired by Local Development Officer Mr. Guru Subedi and Mr. Surendra Prasad Chaudhary, CA member attended the program as a chief guest. There was participation of district level stake holders like FCHV, VDC secretary, Health Facility In charge, SBA, political leaders, media, etc. During the workshops, bottleneck for different indicators and action plan to overcome those bottlenecks were developed. Appreciative Inquiry (AI) approach was used throughout the workshop, so as to create a positive attitude among the participants.

Monitoring Visit:
The DIC team visited the three districts namely, Jajarkot, Dadeldhura and Dhading with the objective to assess the current implementation status of the action plans and strategies developed during DIC workshops. During the visit, the DIC team visited health facilities of the target VDCs and conducted FGDs to collect quantitative information on the indicators. Interaction with the DIC focal person was also done during the visit. During the interaction, the factors were explored hindering the implementation of the action plans and strategies. The monitoring report has been submitted to UNICEF, Nepal.

C. Farming Health and Environment Nepal (FHEN)

The project is being implemented by NPHF at Chitwan with support of Danish NGO DIALOGOS, Denmark from April, 2013. The project will focus on the prevention of pesticide poisoning among vegetable farmers in the Chitwan District of Nepal by means of training, research and awareness raising activities.

Closing Ceremony of Farmers’ Field School Training

The closing ceremony of Farmers Field School on Farming, Health and Environment was held at Mangalpur-9 Sharanpur on November, 2-2014. Trainings were organized from July to September with total training days of 22 weeks. In the weekly training farmers gathered in the school, discussed on the problems and made common
Conclusion how to address their farming and pesticide problems. The closing ceremony was chaired by Trainers leaders Mr. Krishna Prasad Paudel with Chief guest Dr. Chhatra Amatya, Executive member of NPHF, Special guest Prof. Dr. Mohan Sharma, Director of Continuum Education from Agriculture and Forestry University. Other guests included Mr. Kamal Nath Wagle, Plant protection officer from Agriculture office, President from IPM farmers association, President from Farmers Federation.

**Pesticide Dealer Training:**
Three day’s pesticide dealer training was conducted from 3 to 5 February, 2015 at training hall of District Public Health Office, Chitwan. The main theme of the training was to train the pesticide dealers who have been involved in pesticide transaction in the farming community. Altogether, Twenty five pesticide dealers were present. Dr. Badri Raj Pande, Acting Executive Chair, NPHF and Prof. Dr. Srikrisna Giri Project Co-ordinator, FHEN participated in the event, besides DADO, Chitwan, DPHO and DAO, Chitwan and supported the training. The training covered various aspects of pesticide like safe storage, use and management and its negative effect on human health and environment. Various approaches like method demonstration, lecture method of trainings by resource person, field visit and demonstration, group discussion and group work were used in the trainings. The specialty of the training was that it covered broad aspects of farming, health, environment issues.

**Teaching Fellow Farmers Training**
Training of trainer farmers were conducted frequently in farmer’s field at Jagatpur, Sukranagar, Mangalpur VDCs during January and February, 2015. The main objective of the training was to develop the sharing skill of the trainer-farmers so that they can share knowledge to other fellow farmers. Various approaches like lecture methods, practical demonstrations, songs, drama and role play were used.

**Monitoring visit**
The training and other FHEN activities have been regularly monitored by the field co-coordinator, agronomist, and project co-coordinator as well as occasionally by the Executive Chair of NPHF. The main purpose of monitoring visit was to collect feedback from the farmers and other stakeholders which contribute in further improvement in ongoing activities. In addition to this, the local monitoring team consisting of the IPM farmers, co-operative members, DADO and DPHO officers including office staffs also were involved in regular monitoring of farming activates of FHEP.

**Pesticide container management meeting**
One day co-operative meeting was organized in NPHF/FHEP office to discuss on the problems of disposal of the pesticide containers and try to find out its sustainable management. Fifteen co-operative members
including office staff participated. The meeting agreed to establish one large container or drum in each co-operative to store the empty pesticide containers inside it to act as a signal towards pressurizing to the government for long term and sustainable management of containers in the country.

D. Global Antibiotic Resistant Partnership:

GARP Nepal’s core group meeting was held on 12th November, 2014 at Nepal Public Health Foundation Meeting Hall. In the meeting,a concept note on antibiotic use in livestock sector entitled “Study of Antimicrobial Use Pattern, Drug Residue and Antimicrobial Resistance in Food Producing Animals in Nepal” prepared by a research student of Agriculture and Forestry University (AFU) under the guidance of Dr. Sharada Thapaliya, working group member, GARP Nepal was reviewed and finalized. It was also decided to celebrate antibiotic week and develop curriculum for modular teaching in medical colleges of Nepal.

GARP Nepal organized a “National Level Dissemination Workshop of Situation Analysis and Recommendations: Antibiotic Use and Resistance in Nepal” on 15th December, 2014 at Hotel Radisson, Lazimpat with the aim of disseminating the findings of situation analysis. The workshop was attended by 79 assembled dignitaries among these were Honorable minister of Ministry of Health and Population, representatives from government, INGOs, NGOs, Clinicians, Academicians, Veterinarians, Microbiologist, Journalist, Members and Staffs of NPHF. Mr. Khagaraj Adhikari, Honorable Minister, MOHP was the chief guest of the program who inaugurated the session and chaired by Dr. Sharad Onta, General Secretary, NPHF. The workshop was divided on scientific session I & II followed by discussion. During the scientific session I, Dr. Buddha Basnyat introduced about GARP- Nepal where he highlighted the growing issue of antibiotic resistance, reasons behind its severity in South Asia and AMR problem on travelers. Dr. Sameer Mani Dixit and Ms. Santoshi Giri jointly presented the situation analysis, its findings and further recommendation of GARP Nepal. The presentations were followed by the discussion where the participants put forth their comments, queries and views on the findings of situation analysis of antibiotic resistance and its use in Nepal. Likewise, in the scientific session II Dr. Abhilasha Karkey presented on Drug Resistance Index (which is ongoing at Patan Hospital), Dr. Nira Ramdam on Antimicrobial Use Pattern in Livestock Production Systems in Nepal, Dr. Frank Paulin on Antimicrobial Resistance and Ms. Hellen Gelband on The Global Antibiotic Resistance Partnership and the global future. Dr. Tirtha Rana,
Treasurer of Nepal Public Health Foundation delivered her vote of thanks to all the participants for their active participation and officially adjourned the program.

NPHF Activities:

**National Public Health Leadership Training**

Nepal Public Health Foundation had organized “National public health leadership training” at Hotel Embassy from 22 to 25 December, 2014. The participants were from different background like government personnel including Public Health officers, personnel from I/NGOs, academicians, etc. Likewise, trainers were Mr. Jayandra Rimal, Dr. Kedar Baral, Mr. Chudamani Bhandari, sr. Public Health Administrator, MoHP, Dr. Gajananda P. Bhandari, Founding member, NPHF, Ms. Binjwala Shrestha,
Executive member, NPHF, Prof. Dr. SharadOnta, General Secretary, NPHF. The training package included the concept, role, duties and qualities of public health leadership. The workshop was entirely focused on concept, role, and qualities of public health leader, leadership plan, conflict management and managing self. Group work session was also held which was followed by presentation.

On the last day, remarks from participants were shared in which participants shared that they found workshop as fruitful, contemporary and requested to continue such leadership training in the coming days.
Participation at the Joint Annual Review (JAR) meeting

Dr. Badri Raj Pande, Vice President participated at the Joint Annual Review Meeting from February 23-24 at Hotel Everest, Kathmandu, organized by MoHP with engagement of government officials, EDPs and civil society members to reflect on the progress of Nepal Health Sector Programme 2010-15 (NHSP II). This high-profile event was chaired by Honorable Minister of Health and Population, Mr. Khagaraj Adhikari.

The thematic sessions included progress, challenges, priorities and perspectives, policy updates, reflection of the field on local innovations (success stories of three health facilities of Kailali, Rupandehi and Syangja and decentralization in the health sector: opportunities and challenges

Dr. Tirtha Rana, Treasurer, NPHF attended the following programs:

1) Program of NHRC on 12 January, 2015 to receive suggestions on the way forward on NHRC activities and in honor of some persons who contributed to NHRC. Honorable Minister of Health Mr. Khaga Raj Adhikari participated in this program and appreciated the work performed by NHRC in establishing evidence for health policies and programs and advised to strengthen the capacity of NHRC.

2) Interaction meeting on 18 February, 2015 organized by HKI on SPRING Pathway to better Nutrition study team members to share the interim study findings on Multi-sectoral Nutrition Plan implementation and its financial management.

NPHF staffs’ Participation:

Civil Society Alliance for Nutrition Network (CSANN) meetings:

Mr. JanakThapa, Program Manager, NPHF attended a CSANN meetingon 7 January 2015, conducted with the agenda of planning for Generation Nutrition Campaign at Grand Hotel, Kalimati. Besides, he also attended series of meetings conducted by CSANN on 23 January, 5 & 9 February, 2015.
Policy Review on Advertisement of Junk Food

Mr. Janak Thapa, Program Manager participated in the workshop on “Policy Review on Advertisement of Junk Food” organized by Resources Centre for Primary Health Care (RECPHEC) on 13 February, 2014 at Alpha House, New Baneshwor.

Proposal Writing Training

A 3-Day Capacity Building Programme- Proposal Writing Training was organized by HR Development Centre from 9 to 11 January, 2015 at Hotel Badshah, Baneshwor. Ms. Chandana Rajopadhyaya, Program Officer participated in the training. The training was focused on development of project proposal.

Published Article:

1. Article on “Provider perspectives on the enabling environment required for skilled birth attendance: a qualitative study in western Nepal” co-authored by Dr. Gajananda P. Bhandari can be retrieved from http://europepmc.org/abstract/med/25252172

2. Article on “Factors affecting institutional delivery in rural Chitwan district of Nepal: a community-based cross-sectional study” by Dr. Rajani Shah can be retrieved from http://www.biomedcentral.com/1471-2393/15/27/abstract

3. Articles by Dr. Nilambar Jha, Member, NPHF can be retrieved from the following links:
   a. Burden of teenage pregnancies in Terai area of eastern region of Nepal
      http://ijrhs.com/admin/download_newsroom.php?fname=Mi5UZWVuYWdlX3ByZWduYW5jeV8zODIucGRm
   b. Revitalizing Primary Health Care and activities in Nepal
   c. Alcohol consumption among women in a district of eastern Nepal
      http://www.nepjol.info/index.php/HREN/article/download/9633/792
स्वास्थ्यचौकीमा अहेब छैनन्

गीतकांतर रिंगको व्यायाम चौकीमा अहेब छैनन्। दरबारका स्वास्थ्यसेवालाई अत्यन्त धन्य दाँव गृहापन छैनन्। लामो समय समय समय अस्तित्व वस्तुको विद्यमानको र मनोरंजनको बेहोश हुम्लको स्वास्थ्य सेवा सम्बन्धमा स्वास्थ्यको लामो समयको अहेब छैनन्।

लामो समयसम्म स्वास्थ्यको काजमा वस्तु र मनोरंजनको बेहोश दुर्भाग्यको स्वास्थ्य सेवा सम्बन्धमा स्वास्थ्यको लामो समयको अहेब छैनन्।

लामो समयको स्वास्थ्यको काजमा बत्ता सेवा प्रभावित थाल।

केही समयमा लागि निजी मेडिकलका वातावरण तथा अन्य विविध सेवालाई ज्योति र शुभ भएको बत्ता।

तोलामाज मुलाका र वेदनाका स्वास्थ्य सेवालाई लागि निजी मेडिकल वित्तीय तथा अन्य विविध सेवालाई ज्योति र शुभ भएको बत्ता।
EDCD gearing up to tackle swine flu

H1N1 virus claimed 16 lives last year

Precautions

Stay safe from the disease by following these steps:

1. Wash hands frequently with soap and water.
2. Cover your mouth and nose when coughing or sneezing.
3. Avoid close contact with ill people.
4. Stay at home if you are feeling sick.
5. Keep a healthy lifestyle and eat a balanced diet.

Systemic Symptoms

- Fever
- Coughing
- Chills
- Fatigue

Diagnosis

Healthcare facilities can confirm the disease with a blood sample test. The virus can also be identified through a nasal swab test.

Treatment

- Rest
- Drink plenty of fluids
- Take antiviral medication prescribed by a doctor

Precautions for health officials:

- Practice standard precautions while handling H1N1 samples.
- Disinfect hands and equipment thoroughly.
- Wear personal protective equipment (PPE) while handling H1N1 cases.

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पठिरहेका किशोरीमाथि एसिड

‘एककासि बोतल फ्याक्स्यो’

नेपाल जनस्वास्थ्य प्रतिष्ठान
Nepal Public Health Foundation